



*Off to Run*  
*Personal Training*

**2018 Shelley Lake Morning Running Program**

- **Monday and Wednesday** morning runs starting at 6:30am and lasting up to one hour. Meet in Sertoma Arts parking lot off Millbrook Road.
  - 3 Sessions:
    - Spring April 16-June 6**
    - Summer June 11-August 1**
    - Fall August 13-September 26**
- *Small Group Coaching; individual attention*
- *Pre and Post Fitness Screenings (BMI, Body Fat, Waist/Hip Ratio, Heart Rate)*
- *Goal Setting/Training Schedules*
- *Running Information & Tips*
- *Target Race:*
  - Race for the Cure- May 5*
  - The Triangle Run/Walk for Autism 5K – October 13*
- *Coached by Lou Ann Bakolia, Roadrunners Club of America (RRCA) Certified Running Coach, USA Track and Field (USATF) Certified Running Coach and American College of Sports Medicine (ACSM) Certified Personal Trainer; Insured and Bonded; [www.offtorun.com](http://www.offtorun.com)*
- *Fee for session: \$80; Past participants:\$60*
- *Get \$10 back if you refer someone new and they register*
- *Email [louann@offtorun.com](mailto:louann@offtorun.com) if interested or go to [www.offtorun.com](http://www.offtorun.com) and register*

**Testimonial:**

"I began exercising in the spring of 2014 for the first time since high school, some twenty years earlier, and soon developed a goal of running a 5K event. Having a lot of basic questions (how often should I run, strength exercises, diet, stretching, etc.) and feeling a bit overwhelmed with my new goal, I quickly realized I needed some help ... a coach. I discovered Off to Run and Lou Ann invited / encouraged me to sign up for her Lake Lynn running group. Her approachable style and positive demeanor was exactly what I needed. After completing the 8 week course I ran a couple of 5K's; realizing my initial goal! Since then I have continued to work with Lou Ann through her online coaching and have, with her guidance, now competed in three 5K's, one 10K, and in March 2015 a half-marathon in under 2 hours. I set out searching for some simple answers with a little structure and encouragement. I found, not only a great coach, but a running mentor. I look forward to continuing my work with Lou Ann as I pursue a lifetime of fitness." - John Mc